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Subject: **FW: Semaphore Short 31 October**



31 OCTOBER 2022

GREETINGS SHIPMATES - Welcome to this week's Semaphore Short and I hope that this finds you well. I can hardly believe that tomorrow sees the start of November and of course, the start of our annual remembrance activities. Due to the Circular being issued next week, this will be the last short until after Remembrance Sunday so wherever you are and whatever you are doing to remember our fallen comrades, honour them and celebrate their lives as they would wish you to - we will remember them.

As usual, if anyone has anything that they would like to include in future Shorts, email me or the team at comms@royalnavalassoc.com. Whilst all contributions will be considered, please note that this is a short update newsletter and we can't publish everything. Some content may be passed to Andy for inclusion in the next Circular.

FIRESIDE CHATS The fireside chat for this evening will be given by Commander Phil Burgess who is the Senior Naval Officer on the new Type 26 frigate, HMS Glasgow.

Next week's chat (Mon 7th November) will be given by Commander Ian Millen RN (Retired) who is the CEO of Veterans Outreach Support (VOS), a Hampshire based charity that supports veterans from all three Services plus the Merchant Marine. Ian will give an insight into the work of VOS and the wider veteran support work going on. The picture below shows some of the VOS veterans on a trip out on HMS Fearless Landing Craft F8 in Portsmouth. To find out more about VOS, visit the web site [here](#)

Fireside chats, unless promulgated otherwise start at 18:30 each Monday. To

access the fireside chats, access zoom [here](#)
Meeting ID is 288 830 5105 Password is Shipmate



NHS ARMED FORCES BRIEFING - OCTOBER 2022 The NHS has produced a briefing paper with some good generic information in it such as links to book flu and Covid vaccines - the paper can be found [here](#)

WEARING OF NAVAL UNIFORM FOR RETIRED PERSONNEL There have been quite a few questions on the various naval Facebook groups and from other quarters about the rules on wearing uniform once you have left the Service. The questions seem to arise each year around Remembrance time. In the past, the rule was that you could wear uniform provided it was in the interest of the Royal Navy to do so but the rules have been tightened a little now. What veterans choose to do is up to them personally but for clarification, the Royal Navy regulations currently in BRd 3(1) are as follows -

This article does not apply to Officers of Flag Rank, nor retired Officers and ratings subsequently employed on duties within the Maritime Reserves. Retired Officers and ratings shall not normally wear uniform once they have left the Service. Exceptionally, retired Officers and ratings may wear uniform at a Remembrance Day Service if specifically requested to do so and if there is no other Naval Service representation. Any retired Officer or rating who does find themselves required to wear uniform is to uphold the values and standards expected of the Naval Service in the public eye

DARTMOOR ZOO WELLNESS WITH NATURE PROJECT Apologies for any confusion last week with me putting Dartmouth Zoo instead of Dartmoor Zoo. Hopefully not too many will see BRNC as a Zoo and it was not intended as a Freudian slip!

FIREWORK TIME Many former servicemen and women with mental health problems such as post-traumatic stress disorder experience distress at this time of year with the sudden flashes and bangs of fireworks reminding them of the horrors of war. For those that do suffer, advice on coping mechanisms can be found [here](#)

TRAFALGAR AND PICKLE NIGHTS A big thank you to all that have sent or are intending to send in pictures and stories of the area and branches Trafalgar Nights and Pickle Nights. Its great to see the tradition so well supported. We will highlight a few of the events in the Circular but we get so many that I know some may be disappointed not to see their nights published. Please be assured that we look at and read all your submissions but simply do not have the space to show them all. The picture below shows the recent Street RNA Trafalgar Night.



AND FINALLY.....

With proud thanksgiving, a mother for her children,
England mourns for her dead across the sea.
Flesh of her flesh they were, spirit of her spirit,
Fallen in the cause of the free.

Solemn the drums thrill; Death august and royal
Sings sorrow up into immortal spheres,
There is music in the midst of desolation
And a glory that shines upon our tears.

They went with songs to the battle, they were young,
Straight of limb, true of eye, steady and aglow.
They were staunch to the end against odds uncounted;
They fell with their faces to the foe.

**They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.**

They mingle not with their laughing comrades again;
They sit no more at familiar tables of home;
They have no lot in our labour of the day-time;
They sleep beyond England's foam.

But where our desires are and our hopes profound,
Felt as a well-spring that is hidden from sight,
To the innermost heart of their own land they are known
As the stars are known to the Night;

As the stars that shall be bright when we are dust,
Moving in marches upon the heavenly plain;
As the stars that are starry in the time of our darkness,
To the end, to the end, they remain.



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